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Top U.S. leader to speak at Black History program

By YVONNE JOHNSON

APG News

Team APG will present the installation annual Black History Month program 10:30 to 11:30 a.m. at the APG North

(Aberdeen) recreation center, Wednesday, Feb. 6.

speaker is Dr. Freeman Α.



president of

the University of Maryland Baltimore County and chair of President Barack Obama's Advisory Commission on Educational Excellence for African Americans.

UMBC president since 1992, Hrabowski is a native of Birmingham, Ala., and the great-great-grandson of Eaton Hrabowski, a Polish-American slave owner.

See OBSERVANCE, page 10

Medal of Honor recipient to share heroic story

By RACHEL PONDER APG News

"I am just an ordinary person who accomplished an extraordinary thing," said World War II veteran and Medal of Honor recipient retired Chief Warrant Officer 4 Hershel Woodrow "Woody" Williams.

The 89-year-old Williams will share his inspirational story with the APG community Jan. 29 at 10:30 a.m. in the post theater.

While stationed in Iwo Jima, Williams encountered a network of reinforced concrete bunkers and land mines. Covered only by four riflemen, he fought desperately for four hours under tremendous enemy small-arms fire, repeatedly returning to his own lines to prepare demolition charges and obtain serviced flamethrowers.

"I have always wondered where the strength came from, that I did what I did without collapsing," he said.
"Someone greater than me was giving me the strength for what I had to do."

See SPEAKER, page 10

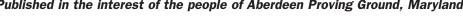




Photo by Lt. Col. Carol McClelland

Staff Sgt. Tricia Kennedy places a memento at the base of 1st Lt. Daniel Johnson's Fallen Soldier Battle Cross during his memorial as Master Sgt. Rick Bowie and Sgt. 1st Class Tantra Peyton look on. All were speakers at Johnson's memorial ceremony Jan. 17.

Chemical Soldiers grieve loss of one of their own

By LT. COL. CAROL MCCLELLAND

20th Support Command (CBRNE) Public Affairs

Mourners packed the Edgewood Chapel on Aberdeen Proving Ground Jan. 17 to say goodbye to a fallen brother-in-arms, a CBRN warrior, a leader,

First Lt. Daniel C. Johnson, exec-

utive officer for the 46th Chemical Company, 22d Chemical Battalion (Technical Escort), died Jan. 13 while convalescing from a surgery.

He had served 10 years as an enlisted Soldier, mostly in the Chemical Corps, where he advanced to the rank of staff sergeant promotable, and had been at the unit for more than two years. He was well liked and some of the attendees, like Master Sgt. Rick Bowie, knew him more than 12 years earlier when Johnson was a junior enlisted Soldier.

"I knew when he was a private first class that his career would be filled with

See JOHNSON, page 10

LINC dominates Team Fourteen

YVONNE JOHNSON

APG News

The 2013 intramural basketball season got underway Jan. 7 and teams already are jostling for position.

LINC, which finished fourth overall last year, kicked off the second week of action with a dominating win over Team Fourteen at the APG North (Aberdeen) athletic center Jan. 14.

LINC jumped out to a 7-2 lead just five minutes into the game. They trailed briefly, 17-15, but quickly regained the lead just before the break and never trailed after that.

CECOM program analyst Steve Wagner coached the Team Fourteen, which he called a "last minute fillin team."

We're kind of rusty but that'll wear off after a few games; we're just having fun

Alan Brandon, #31, of Team 14 goes for a jumper as Darrick Conz, #2, of LINC moves in during intramural basketball See APG, page 10 action at the APG North Athletic Center Jan. 14.

Army freezes hiring, cuts base ops, reduces training

By C. TODD LOPEZ

Army News Service

In advance of possible extreme budget cuts that could arrive in March, Army leadership has called for an immediate hiring freeze and spelled out other pre-emptive measures meant to help the service prepare for a fiscal cliff.

In a memo dated Jan. 16, Secretary of the Army John M. McHugh and Chief of Staff of the Army Gen. Ray Odierno laid out 15 "near-term" actions to help the Army "reduce our

See WARTIME, page 10

WEATHER



28°|19°

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ICE system http://ice.disa.mil/ Facebook, http:// on.fb.me/HzQlow

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STREET TALK

What would you change about your morning commute?

I would open the Aberdeen [Boulevard] Gate in the mornings. Traffic on Route 22 is ridiculous before you get on post. It would ease a lot of conges-



Alberto **Barnes** MWR recreation assistant

tion especially at the Route 22 and Post Road intersection.

I would add a mass transit system. My commute used to take 15 minutes and now it takes 20 -25 minutes because of all the traffic. It



Stacy Matassa Army Evaluation Center

would be nice to just get on a bus and get off at work like in the city.

I would open more gates, especially during rush hour. Traffic is so backed up at the [Route] 22 gate. During the



Myong Parker Army Evaluation

two-hour delay [following Hurricane Sandy] it took me 40 minutes. Everyone showed up at the same time and we moved inch by inch. We need more flexible work schedules to avoid choking.

When I come in from Towson, I-695 is fine and I-95 is fine. Even Route 7 is okay. But some days [driving on MD Route] 715 can take



Dylan Bush CECOM

20 minutes. They haven't fired up the new traffic lights yet so that might make a difference but there's no benefit to living closer [to APG].

OPINION

Spouse finds comfort in 'I Know How It Feels'

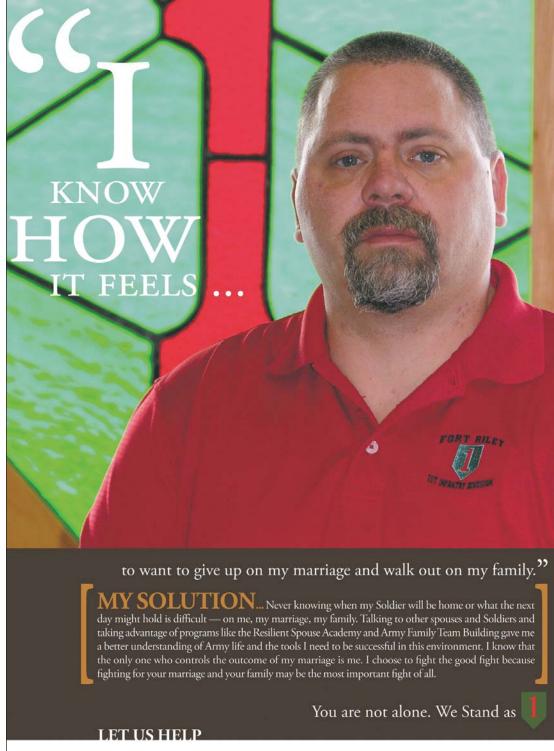
Typically, I leave my deep blogs about my life to my personal blog, TheArmyWife(DUDE), but I am hoping what I have to share will be seen by many and figured writing here would generate more views and, more importantly, more people hearing what I have to say.

My Family is stationed at Fort Riley and our installation has just launched the "I Know How It Feels" campaign. This campaign "is designed to show Soldiers, Family members and Civilians throughout our formation that they are not alone in their struggles, others who stand to their left and right have been in their shoes and know how they feel. Posters featuring Big Red One Soldiers, Civilians and Family members discussing their own personal struggles and what they did to overcome their challenges will be distributed periodically throughout 2013."

I am a firm believer that the best way to reach others is to share our own stories, to share our testimonies if you will. I believe "iron sharpens iron just as one man sharpens another." It is through sharing our experiences that others may find strength. And this is why I am as open as I

As hard as it is to admit, I get it. I know how it feels. I really do.

- I know how it feels to feel overwhelmed by life's circumstances.
- I know how it feels
- to have regrets. ■ I know how it feels
- to lack confidence.
- I know how it feels to not want to get out of bed or off the couch.
- I know how it feels to want to give up on my marriage. ■ I know how it feels to want to
- walk out on my Family.
- I know how it feels to wonder if I would be better off dead.
- I know how it feels to have anxiety take over the mind and body.
- I know how it feels to do everything I can to avoid taking care of myself.



■ Chapel, APG North & South 410-278-4333

- Army Community Service 410-278-7572
- Survivor Outreach Services 410-278-2861
- Behavioral Health 410-278-1715
- 24-hour Suicide Hot Line 1-800-273-TALK (8255)
- APG Police 410-306-0564

Graphic by Justin Angeles

The 1st Infantry Division launched the "I Know How It Feels" campaign late in 2012. The campaign is designed to show Soldiers, Family members and Civilians throughout the formation that they are not alone in their struggles, others who stand to their left and right have been in their shoes and know how they feel. In this poster, 1st Infantry Division spouse Wayne Parry shares his story about his fight to keep his marriage strong.

- I know how it feels to wake up a dozen or so times a night.
- I know how it feels to wish I had something that was truly diagnosable to explain why I am the way I am, so we could effectively treat it.
- I know how it feels to want to run away, to be lost, to be free of the thoughts, the feelings, the emotions.
- I know how it feels to find the willingness to seek help and I thankfully know how it feels to get the help.

I know how it feels ...

The next time you hear someone say something cliché like "put on your big girl panties" or "put on your big boy dungarees" or "lace up your boot straps," stop and think for a moment. You may think that person needs to hear that, but most likely what will help the most is just for them to hear five simple words.

"I know how it feels."

Wayne Perry

Military spouse

(Editor's note: Wayne Parry is married to a 1st Infantry Division Soldier and is the founder of MANning the Homefront, a spouse support group. This commentary first appeared on spousebuzz.com.)

APG SEVEN DAY FORECAST

Thurs

28°|19°





Sat



33°|23°

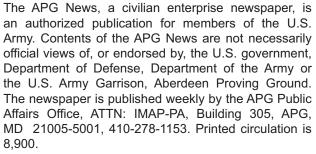
36°|31°



40°|36°

Tue

43°| 41°



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Deadline for copy is Thursday at noon for the following Thursday's paper.

Staff

APG CommanderMaj. Gen. Robert S. Fo APG Garrison Commander Col. Gregory R. McCl.	
Public Affairs Officer Kelly Li	
Editor Adriane	Foss
Contract Photojournalists Yvonne John	nson
Rachel Po	nder
Graphic Designer/Web Designer Nick F	entz
Website www.apgnews.apg.arm	y.mil

Eligible patrons get free tax preparation

Office of the SJA

The 2013 Aberdeen Proving Ground Installation Tax Program will provides free tax assistance to qualifying patrons Feb. 11 to April 12, Monday-Friday, from 8 a.m. to

Eligible patrons include active duty service members, retirees, and family members. Reserve component service members who are not mobilized are not eligible for services and should contact their individual units for assistance. Tax services will be provided at Client Services Division (CSD), Bldg. 4305, 3rd floor, room 317.

IRS accepting returns Jan. 30

Due to late tax law changes enacted Jan. 2, the vast majority of tax filers should be able to start filing tax returns Jan. 30. The IRS estimates that remaining households will be able to start filing in late February or into March because of the need for more extensive form and processing systems changes.

This group includes those individuals claiming residential energy credits, depreciation of property (rental) or general business credits. Taxpayers should determine if their tax situation requires the preparation of any incomplete forms prior to contacting the CSD for assistance. A full listing of the forms that won't be accepted until later is available on IRS.gov.

Eligibility

Individuals seeking income tax preparation services must first complete a series of documents to determine eligibility under the guidelines of Army Regulation 27-3 and the IRS Volunteer Income Tax Assistance Program (VITA) Program.

Prior to contacting the CSD for assistance, individuals must review and complete the Determination for Eligibility of Income Tax Services document. After determining eligibility, individuals should then access the Client Agreement and Supplemental Questionnaire and the IRS Form 13614-C Intake/Interview & Quality Review Sheet. These documents are extremely helpful in gathering the information necessary to file an accurate return and must be completed prior to receiving service. The required documents can be accessed online at www. apg.army.mil, Services, APG Tax Services, or picked up at the CSD

Tax returns

This season tax services will be provided by two civilian personnel who will be trained in federal and Maryland state income tax preparation. Tax personnel will prepare simple tax returns only.

Tax personnel will provide federal and Maryland tax assistance but will only provide limited assistance with local and state tax returns from other state jurisdictions.

One designated preparer will provide simple and quick tax preparation (1040 EZs) on a walk-in basis Monday-Friday from 8 a.m. to 1 p.m. "Walk-in" taxpayers should anticipate long wait times.

The other designated preparer will provide tax assistance by appointment only. Appointments will not be scheduled over the phone. Eligible clients interested in tax preparation will be required to visit the CSD.

Upon review of all documents, staff will determine if the return is eligible for walk-in preparation, an appointment, or ineligible for service and referred to other professional tax agencies. Appointments will be made on a first-come, firstscheduled basis until no appointments are available.

Prepared before arrival

Tax personnel cannot prepare an accurate return unless the taxpayer brings all necessary documentation. Inaccurate tax returns caused by incomplete/faulty information may incur IRS penalty and interest assessments. Documents needed depend on each individual situation.

Information needed

- Copy of your last tax return (2011)
- Original W-2 statements
- Social security cards for yourself, spouse, and all dependents
- Social security income statements
- Form 1099 stating interest, dividends or capital gains, distributions from pensions and IRAs
- Alimony information
- Child care expenses and provider identification and address

- Settlement paperwork (for pur- **Electronic Filing** chase or sale of home)
- Real estate tax statement
- Power of attorney signed by the spouse if either party plans to sign the spouse's name on a joint tax return
- Blank check with your routing and account number for a refund directly deposited into a bank account

For those who itemize deductions. bring materials such as:

- Mortgage interest statements (Form 1098)
- Medical receipts
- Investment statements
- Charitable contribution receipts (name and address of charitable organization, date of contribution and bank receipts for cash contributions)

For stock sold this year, the taxpayer must establish the sales price and the cost basis of the stock before coming to the tax center. Staff cannot calculate these figures.

Obtaining W-2s online

Defense Finance and Accounting Service myPay is a secure, DFASoperated website that lets active duty. National Guard and Reserve military members, civilian employees, and military retirees and annuitants take charge of their pay accounts online. Soldiers and civilians can access their 2012 tax statements (W-2 and 1099-R) at https:// mypay.dfas.mil.

The APG tax service also provides free electronic filing on eligible tax returns. However, the APG tax preparers must prepare the tax return in order to electronically file the tax return. Electronic filing enables taxpayers to receive their tax refunds much faster by using e-file with direct deposit into their bank account rather than having it mailed.

Other free resources

For those individuals ineligible to receive services provided by the CSD, tax savvy individuals can access www.militaryonesource.mil and www.irs.gov/freefile to take advantage of free self-preparation software. Those individuals in need of tax preparation assistance by appointment can contact their local AARP Tax Aide Office throughout Harford County, sponsored by IRS VITA, at 410-638-3425.

General information

Inquiries regarding income tax services may be directed to the CSD staff attendant at 410-278-1583. Calls after normal operating hours, or received when the attendant is assisting other clients will be directed to the automated information line. On touchtone phones press number 3 for the Client Services Division then number 6 for income tax preparation information.

The 2013 APG Installation Tax Program is directed by the Client Services Division and is a joint effort of the CSD, SJA, and the VITA IRS.

Mark Your Calendar

FRIDAY

JAN. 25 BASKETS AND BINGO

Participate in the Baskets (Longaberger) and Bingo event at St. Paul's Lutheran Church Fellowship Hall, 201 Mt Royal Ave., in Aberdeen.

Doors open at 6 p.m. Early bird starts at 6:45 and bingo starts at 7.

Tickets are \$12, and \$5 for extras.

Tickets are available by calling 410-273-7332 or 410-272-3111. Food and drinks will be available. Bring a canned good and/or non-perishable for bonus prize ticket.

JAN. 26 SKI/SNOWBOARD TRIP

Don't stay inside bored during winter break. Equipment rentals are available through ODR. Participants must be fitted at least one week prior to trip date.

TRIP DATE

■ Jan. 26: Blue Mtn, 7 a.m.-mid-night, ages 13-18

LOCATION:

Blue Mountain Ski Resort, Pa.
Bus departs Aberdeen Youth Center
at 7 a.m., return times vary.

COST/FEE

Lift only: \$35. Lesson and Lift: \$63. 1st Time Ski or Board: \$43 (restricted to Beginner Trail/Lift access only).

ADDITIONAL INFO

Register at the Central Registration Office, Bldg. 2503 Highpoint Road, Rooms 210/211; walk-in registration is from 7:30-10:30 a.m.; or call 410-278-7479/7571 to schedule an appointment.

For information, contact Conor Joyce at conor.j.joyce.naf@mail.mil or 410-278-1399.

SUNDAY

JAN. 27 GOSPELTOUR COMING SOON

APG MWR and Army Entertainment presents the 2013 United as ONE Gospel Tour featuring James Fortune, Va Shawn Mitchell, Kierra Sheard and Zacardi Cortez, hosted by Shuckey Duckey. Open to the public. Tickets on sale now at APG North and South recreation centers. For more information visit www.apgmwr.com.

TUESDAY

JAN. 29 MEDAL OF HONOR SPEAKER

The U.S. Army Evaluation Center is hosting a Medal of Honor Recipient Program during which former Marine Corporal Hershel Woodrow Williams will be speaking at the post theater on APG North from 10-11:30 a.m.

WEDNESDAY

JAN 30 TOBACCO CESSATION CLASS

Stress Management Strategies and Staying Quit class set noon to 1 p.m. at the APG-North Recreation Center, Room 105. Free to all APG employees: DoD, contractors, active duty, dependents, and retirees. Contact Ann Laughton at ann.laughton@us.army.mil or 410-278-1774 for info.

THURSDAY

JAN. 31 NATURE STORY TIME

Eden Mill Nature Center is proud to offer Nature Story Time at 11 a.m. All are welcome who enjoy children's literature. Join us for a children's story and craft related to a theme about nature. To pre-register or for more info, call 410-836-3050 or email edenmillnaturecenter@gmail.org.

SATURDAY

FEB. 2 GROUNDHOG DAY

Listen to the tale of how ground-hogs got their own holiday, courtesy of the Anita C. Leight Estuary Center. Make a craft showing off the ground-hog's fur and go outside for a shadow activity. This program will be held at 10:30 a.m. to noon for ages 4 to 8 with adult. The cost is \$3 per child; online registration is required at www.otter-pointcreek.org.

For information or directions, call 410-612-1688 or 410-879-2000, ext. 1688.

A DAY FOR A GROUNDHOG

Listen to the tale of how ground-hogs got their own holiday. Make a craft showing off the groundhog's fur and go outside for a shadow activity. This program will be held at 10:30 a.m.

to 12 p.m. for ages 4 to 8 with adult. The cost is \$3 per child and online registration is required at www.otter-pointcreek.org.

For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

SUNDAY

FEB. 3 ALL PINES ARE NOT ALIKE

Hike around the Anita C. Leight Estuary Center park to discover different varieties of pine trees. Learn how to make pine tea and about its medicinal value while warming up by the pellet stove. This program will be held at 2 to 3:30 p.m. for ages 6 to adult, 6 to 12 with adult. The cost is \$2; online registration is required at www.otter-pointcreek.org.

For information or directions, call 410-612-1688 or 410-879-2000, ext. 1688.

TUESDAY

FEB. 5 SIGN LANGUAGE CLASS

American Sign Language lunchtime basic and advanced classes run from Feb. 5 through April 30 from 11:30 a.m. - 12:30 p.m. in Bldg. E3330-31, Room 270 at APG South (Edgewood). Class is free and uses textbook "A B C, A Basic Course in American Sign Language."

For more information or to register, call BethAnn Cameron, 410-436-7175.

SATURDAY

FEBRUARY 9 WHITE-TAILED DEER SURVEY

Harford County seems to be experiencing explosive population growth and not just with humans. Come help determine if the deer population of Leight Park is a healthy size. Come get the scoop on poop and conduct pellet (deer scat) counts out on the trails to determine how many deer call the park home. This program will be held 9 to 11 a.m. for ages 16 to adult. The program is free but online registration is required at www.otterpointcreek.org.

For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

ST. BARBARA BALL

The annual St Barbara's Day Ball is set at Aberdeen Proving Ground Saturday, Feb. 9 at Top of the Bay from 6-12 p.m. This ceremonial dinner and dance program recognizes achievements of the Army field artillery community. St Barbara is the patron saint of artillery. Once a longstanding tradition at Fort Monmouth, N.J., the event has now moved to APG. To register, visit http://ausa-aberdeen.org/New-sevents/events.html or call 410-272-2585.

APPRECIATE THE BIRDS

Celebrate National Bird Feeding Month by learning about some of the wintering birds near the Estuary Center and by making a bird feeder. This program will be held at 11 a.m. to 12 p.m. for ages 5 to 12. The cost is \$4 and online registration is required at www.otterpointcreek.org.

For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

IFYOU FEED THEM, THEY WILL COME

While the kids learn to "Appreciate the Birds", parents are invited to join Phil Powers to learn what birds frequent backyards in Harford County and their feeder and food preferences. This program will be held at 11 a.m. to 12 p.m. for ages 13 to adult. The program is free but online registration is required at www.otterpointcreek.org.

For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

WILDLIFE ILLUSTRATION

Ever wanted to try wildlife illustration like in nature guides? Participants will cover all the basics needed to get started on the way to being the next RogerTory Peterson. This program will be held at 2 to 4 p.m. for ages 10 to adult. The cost is \$5 and online registration is required at www.otterpoint-creek.org.

For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688

SUNDAY

FEB. 10 HANDMADE PAPER VALENTINE

Learn how to recycle paper and other fibers to create unique handmade paper for crafting a special valentine. This program will be held at 1 to 2:30 p.m. for all ages, under 12 with adult. The cost is \$5 and online registration is required at www.otterpointcreek.org.

For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

BACKYARD CONSERVATION - BUILD YOUR OWN RAIN BARREL

Rain barrels are a cheap and easy way to conserve water and reduce runoff. This workshop will help build a rain barrel and learn about the many benefits they provide. Be sure to bring a vehicle large enough to transport the rain barrel home. This program will be held at 3 to 5 pm for adults. The cost is \$30 per barrel and online registration is required at www.otter-pointcreek.org.

For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

TUESDAY

FEB. 12 HARFORD COUNTY EXTENSION OFFICE

Experience the joy of starting your favorite vegetable plants from seed using an indoor lighting system in your own home. Gain the essential knowledge needed to properly harden off seedlings for transferring them into your garden. The class is 6:30 – 8:30 p.m. Registration is required. Cost is \$5 per participant.

FRIDAY & SATURDAY

FEB. 15 & 16 AN INTRODUCTION TO WINTER BIRD PHYSIOLOGY AND ECOLOGY

This course will provide a brief introduction to the world of winter birds and how they cope with changes in habitat and food choices. It will begin Friday evening from 6:30 to 8:30 p.m. with a discussion of avian physiology, systematics, and ecology as it relates to many common winter birds. On Saturday the course will continue from 9 to 11 a.m. and will involve a closer look at feeder birds while observing them from the feeders and mark and release them following an assessment of health. Participants will get a closer look at birds and obtain a greater appreciation of their unique adaptations including a background on how species develop and diversify. This program is for ages 12 to adult and the cost is \$20. Online registration is required at www.otterpointcreek.org.

For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

SATURDAY FEB. 16 INVASINATORS

Become part of the volunteer team of invasive plant removers and native plant restorers. This winter focus on mapping, ground truthing, and monitoring invasive plants to formulate an invasives action plan. Dress for the weather and be prepared to be working at both Leight Park and the Bosely Conservancy. This program will be held 2:30 to 4:30 p.m. for ages 14 to adult. The program is free but online registration is required at www.otterpointcreek.org.

For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext.

GRASSES TO THE MASSES WORKSHOP

Learn what submerged aquatic vegetation (SAV) is, why it is important to the Bay, and how to help restore bay grasses. In this free workshop for volunteers, participants will receive instruction, equipment, and plant material to grow SAV in the home. Then come back this spring to plant the SAV in Otter Point Creek. No experience is necessary. This workshop will be held at 12:30 to 2 p.m. for ages 6 to adult, 6 to 15 with adult. The program is free but online registration is required at www.otterpoint-

creek.org.

For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext.

SUNDAY

FEB. 17 MEET A CRITTER

Check out one of the Center's live critters up close while discovering what makes that animal special. This program will be held at 2 p.m. and is free for all ages. No registration required.

For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

SATURDAY

FEB. 23 COLD COMPASS CAPERS

Learn how to use a compass while negotiating a scavenger hunt inside and outside of the Center. Warm treats will be the reward. This program will be held at 2 to 3:30 p.m. for all ages, under 12 with adult. The cost is \$5 per person or \$18 per Family and online registration is required at www.otter-pointcreek.org.

For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

CRITTER DINNERTIME

Come watch the turtles, fish and snakes eat while learning more about these fascinating creatures. This program will be held at 10:30 a.m. and is free for all ages. No registration required.

For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

SUNDAY

FEB. 24 KID'S KEMISTRY

In celebration of Chemistry Month, come discover the fun side of chemistry using ordinary household items and cooking ingredients. This program will be held at 12:30 to 2 p.m. for ages 6 to 10. The cost is \$4 and online registration is required at www.otterpointcreek.org.

For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688

NATURE TALES - SQUIRRELS

Story time with a nature twist. Come listen to stories, learn new songs and move like the animals. This program will be held at 3:30 p.m. and is free for all ages. No registration required.

For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688

MONDAY MARCH 4 JOB STORE OPEN FOR VETS MARCH 4 AT PX

Visit the Hero2Hired Mobile Job Store at the APG PX parking lot Monday, March 4, from 10 a.m. to 2 p.m.

Hero2Hired (H2H) is a Yellow Ribbon-funded program that connects job seeking veterans and Family members with meaningful employment. H2H contains everything you need to find a job, including job listings, career exploration tools, education and training resources, live and virtual hiring fairs, a mobile app, an innovative Facebook application, and a variety of networking opportunities.

The H2H Mobile Job Store is an extension of the H2H program. It has four computer stations that connect to the H2H.jobs website as well as a multimedia system and a lounge area where the MJS staff will be available to answer questions and assist with signing up on the H2H.jobs site.

Check out facebook.com/H2H.Jobs or twitter.com/H2H.Jobs.



PEO C3T deputy retires with fond memories, lasting impact across DoD

By NANCY JONES-BONBREST

PEO C3T

Soon after Hurricane Sandy hit the New Jersey shoreline, wiping out power, destroying landmarks and damaging homes, Bill Sverapa could be found cooking sausage for relief crews – even though his own home was one of those damaged.

Taking care of others and building morale comes as second nature and characterizes the 33-year Army career of Sverapa, the Deputy Program Executive Officer for Command, Control and Communications-Tactical (PEO C3T).

That career came to a close during a Jan. 23 retirement ceremony at Aberdeen Proving Ground.

"His work ethic sets an example and sets the tone for the rest of our organization," said Maj. Gen. N. Lee S. Price, Program Executive Officer for C3T. "He is a leader who leaves his door open to the workforce and encourages employees to step up with common-sense changes – so we don't 'make something easy, hard."

In retiring, Sverapa said what he'll miss the most is the people he worked with – each individual had something to contribute and something to teach.

"I've never seen a work ethic like you have here at PEO C3T," said Sverapa. "The level of commitment is inspiring.

As deputy of PEO C3T, Sverapa oversaw a workforce of 1,600 who provided Soldiers with the integrated networks, radios, computers, servers and other hardware and software they require for their missions.

Sverapa began his government career in 1979 as a mechanical engineer at Picatinny Arsenal, N.J. In 1989 he started work with the Command, Control, Communications, Computers, Intelligence, Surveillance, and Reconnaissance (C4ISR) community as a systems engineer for PEO C3T's then-Project Manager (PM) Mobile Subscriber Equipment.

Much of his experience at PEO C3T centered on developing the Army's tactical network backbone, now known as Warfighter Information Network-



U.S. Army photo

(From left) Maj. Gen. N. Lee S. Price, program executive officer for Command, Control and Communications-Tactical (PEO C3T), and William Sverapa, deputy PEO for C3T, worked together to lead the development and fielding of integrated networks, radios, software and more.

Tactical (WIN-T). The importance of that work was clear in 2003 when operations in Iraq required the Army to increase its range and flexibility of tactical communications. Soon after the war began, an Operational Needs Statement detailed a significant shortfall in beyond line-of-sight and on-the-move communications.

As Deputy Project Manager for WIN-T, Sverapa led PEO C3T in working with industry partners to design a satellite communications capability using 85 percent commercial, off-the-shelf technology.

"The tactical network is the Army's number one modernization priority and the WIN-T program provides that network," said Sverapa. "What could make you more proud than that?'

Today, WIN-T Increment 1, which enables high-speed, high-capacity communications down to battalion level at-the-quick-halt, has been fully fielded. WIN-T Increment 2, which recently began fielding will support operations while on the move and push network connectivity to the company level. Development and testing continues on WIN-T Increment 3, which will add an air tier to the WIN-T architecture.

Sverapa also established and staffed the first WIN-T integration facility at Fort Monmouth, N.J., and oversaw the transformation of the new state-of-the-art facility now housed at APG. He led the rapid fielding of the U.S. component of the Afghan Mission Network, which enabled coalition partners to effectively communicate, share information and operate on a common security enclave - pointed to as a critical capability in winning the war in Afghanistan. He also guided the 2008 waveform study that helped pave the way for fielding software-defined radios to the current and future forces.

As the economy forced the Army to change the way it does business, Sverapa embraced these challenges for PEO C3T and the initiatives that resulted.

Today C3T is a leader in work-

ing through the Network Integration Evaluations, which streamlines the way the Army develops, buys and fields the Army's tactical communications network by establishing semi-annual, Soldier-driven evaluations. PEO C3T also established Unit Set Fielding, a synchronized, system of systems approach to fielding complex C4ISR capabilities. And as the Army evolves its Common Operating Environment or COE, a commercially-based set of computing technologies and standards that will result in a more efficient "plug and play" experience for Soldiers, PEO C3T is helping to lead development in several of the six identified COEs.

"His ability to bring stakeholders together was critical," added Price. "While he's not in it for the recognition, Bill's contributions have earned him great respect at the highest levels of the Army and Department of Defense (DoD)."

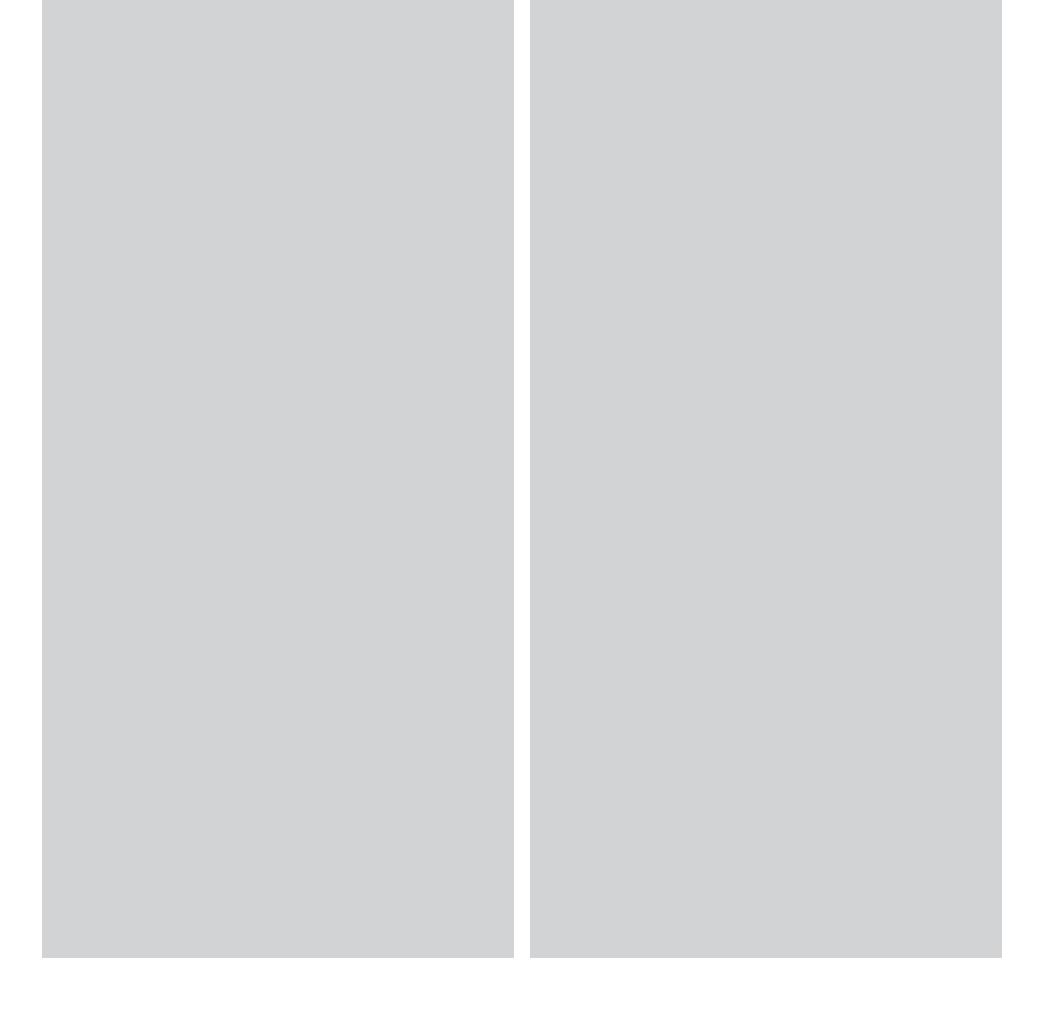
Most recently, in 2012, Sverapa was awarded the DoD Distinguished Civilian Service Award, the highest honor given by the Secretary of Defense to a DoD career civilian.

During his time with the Army, Sverapa said it was optimism that he always cherished as a force multiplier. At PEO C3T, he was known for his sharp sense of humor, his enthusiasm for office potlucks and his attention to detail in employees' career progression and personal well-being.

"I've gone through my whole life with optimism," he said. "Every person I've met has influenced me in some way. I have always tried to look at the good you can learn from each person."

A father of three grown sons, Sverapa said that after retirement the first thing he'll do is wake up and share a cup of coffee with his wife. After that, it's on to try new things.

"I love my job, I love what I do, I love coming to work every day and I still feel like I'm making a difference," said Sverapa. "So people ask me why I'm retiring: It's time to try something different."



Environmental assessment released for Army 2020 reduction and realignments

U.S. Army Environmental Command

The Department of the Army has completed a final Programmatic Environmental Assessment (PEA) and draft Finding of No Significant Impact (FNSI) for Army force structure reductions and realignments that may occur from Fiscal Years (FY) 2013-2020.

The PEA evaluates and assesses the environmental impacts of potential adjustments to Army forces at 21 installations. The Army has completed the analysis to support future anticipated changes and reductions to its forces that are necessary to reduce spending while maintaining critical national defense capabilities.

The Army's proposed action evaluated in the PEA is to reduce the Army's active duty end-strength from 562,000 at the end of FY 2012 to 490,000 by FY 2020. The PEA analyzes two primary alternatives: Alternative #1: Implement force reductions by inactivating a minimum of eight Brigade Combat Teams (BCTs) and realign other combat, combat support, and service support units between FY 2013 and FY 2020; and Alternative #2: Implement Alternative 1, inactivate additional BCTs, and reorganize remaining BCTs by adding an additional combat maneuver battalion and other units. The PEA also analyzes a No Action alternative, under which the Army would not reduce the size of the force.

The implementation of Army force realignment will occur over the course of several years to arrive at an optimally configured force in 2020. Reductions in Army Soldiers will also be accompanied by some reduction in civil service employees.

These actions are being undertaken to reshape the Army's forces to meet more effectively national security requirements while reducing the Army's end-strength. Force realignment and some level of force reduction will impact most major Army installations. The implementation of this force rebalancing is necessary

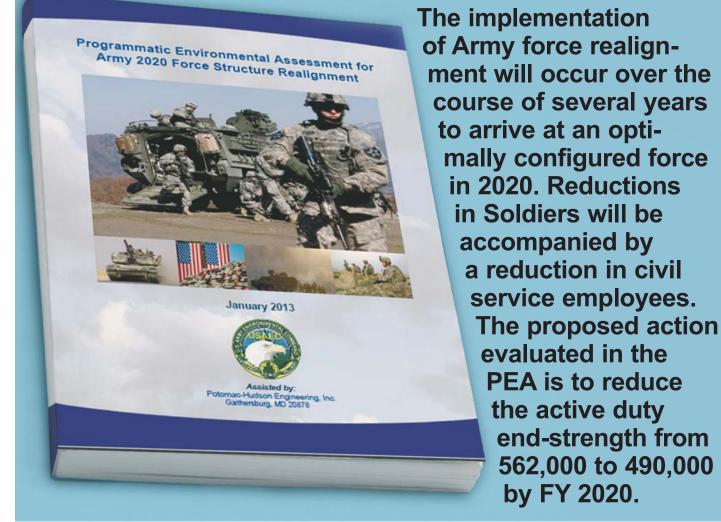
to allow the Army to operate in a reduced budget climate, while ensuring the Army can continue to support the nation's critical defense missions.

After 10 years of war, our nation is facing new challenges and opportunities that call for reshaping our defense priorities. Concurrent with a reduction and realignment of the force, the Army proposes to reorganize and restructure its forces using lessons learned over the past 10 years, information about what the future global security environment will

be like, and results of previous brigade combat team (BCT) studies to reshape the Army into a force capable of supporting the full spectrum of

military operations.

In the PEA, the Army has evaluated the environmental impacts that may occur at 21 installations that will likely experience changes in Soldier populations as part of Army 2020 force structure realignments and force



reduction decisions. Force reductions that may occur as part of the proposed action include the inactivation of Army BCTs and combat support and combat service support units at Army and joint base stationing locations. The decisions on how to best implement Army force reductions and force structure changes from FY 2013-2020 will be made over the course of several years to arrive at an optimally configured force in 2020.

Alternatives considered in the PEA evaluate the largest growth potential scenarios at installations that may occur from BCT restructuring, as well as the greatest force reduction sce-

The range of potential installation reduction and growth (ranging from maximum losses of 8,000 military personnel to maximum increases of 3,000 at the Army's largest installations) was chosen for the environmental analysis to provide flexibility as future force structure realignment decisions are made.

The PEA is designed to inform decisionmakers of potential socioeconomic and environmental impacts associated with proposed actions.

> narios that could occur as a result of Army force drawdown. The range of potential installation reduction and growth (ranging from maximum losses of 8,000 military personnel to maximum increases of 3,000 at the Army's largest installations) was chosen for the environmental analysis to provide flexibility as future force structure realignment decisions are made. The

PEA is designed to inform decisionmakers of potential socioeconomic and environmental impacts associated with proposed actions as these stationing decisions are made in the coming years. The specific locations where changes will occur have not been decided.

Locations that will be affected

Stationing sites that were included in the PEA are those sites that could experience a change in Soldiers and civilians that exceeds at total of plus or minus 1,000 military personnel. Sites considered in the PEA include: Fort Benning, Ga.; Fort Bliss, Texas;

Fort Bragg, N.C.; Fort Campbell, Ky.; Fort Carson, Colo.; Fort Drum, N.Y.; Fort Gordon, Ga.; Fort Hood, Texas; Fort Irwin, Calif.; Joint Base Elmendorf-Richardson, Alaska; Joint Base Langley-Eustis, Va.; Joint Base Lewis-McChord, Wash.; Fort Knox, Ky.; Fort Lee, Va.; Fort Wood, Leonard Mo.; Fort Polk, La.; Fort Riley, Kan.; Fort Sill, Okla.; Fort Stewart, Ga.; U.S. Army Garrison Hawaii; and U.S. Army Garrison Fort Wainwright, Alaska.

Environmental impacts associated

with implementation of alternatives evaluated in the PEA include impacts to air quality, airspace, cultural and biological resources, noise, soil erosion, wetlands, water resources, facilities, socioeconomics, energy demand, land use, hazardous materials and waste, and traffic and transportation. No significant environmental impacts are anticipated as a result of implementing either alternative associated with the proposed action, with the exception of socioeconomic impacts.

end-strength from

562,000 to 490,000

by FY 2020.

Socioeconomic impacts are of particular concern to the Army because they affect communities around Army installations. Therefore, the PEA has a comprehensive analysis of the socioeconomic impacts to inform the decision makers and communities. Impacts could include reduced employment, income, regional population, and sales and some of these impacts could be significant.

The completion of an environmental assessment results in one of two outcomes: either significant environmental impacts are identified and a Notice of Intent to prepare an Environmental Impact Statement (EIS) is issued, or, no significant environmental impacts are identified and a FNSI is signed. Significant socioeconomic impacts alone do not require preparation of an EIS. The Army study finds that there are no significant environmental impacts with either alternative evaluated in the PEA; accordingly a draft FNSI has been prepared.

Final decisions as to which alternative to implement and which installations will see reductions or unit realignments have not yet been made. Those decisions will be made based on mission-related criteria and other factors in light of the information contained in the PEA.

Members of the public can review the PEA and draft FNSI and submit comments on the draft FNSI until Feb. 17. An electronic version of the PEA and draft FNSI are available for download at: http://aec.army.mil/ usaec/nepa/topics00.html.

Submit your comments or questions on the PEA to: Public Comments USAEC, Attn: IMPA-AE (Army 2020 PEA), 2450 Connell Road (Bldg 2264), Fort Sam Houston, Texas 78234-7664, or email: USARMY. JBSA.AEC.MBX@mail.mil

For questions or additional information about this PEA, please call (210) 466-1590 or email USARMY. JBSA.AEC.MBX@mail.mil

Selfless service not looking out for No. 1

By SANDY GIBSON

ATEC Public Affairs

The Army defines selfless service as "putting the welfare of the nation, the Army and your subordinates before your own." But what does that mean exactly and how do we do it?

One thing selfless service does not mean is looking out for number one. Nor does it mean making sure that you as an individual stand out from all the rest. Instead, selfless service means willingly making a personal sacrifice for the good of the whole. Our Soldiers do it every day as they engage the enemy at the expense of

Everyone in the Army is not a Soldier; however, there are lots of ways civilians, working alongside their military counterparts, demonstrate their selfless service daily in the performance of their duties. Each of us, without realizing it or looking for reward or recognition, serves the mission of the Army selflessly.

In order for a group of people to become a team, each team member has to work for the other members --thereby not working for themselves.

Maj. David Hnyda

Attack/reconnaissance chief and experimental test pilot, RTC

"The person who exemplifies selfless service for me is Mr. Jeffry Grumm," said Randy LaMotte, a program management specialist for the Electronic Proving Ground in Fort Huachuca, Ariz. "Jeffry never looks for credit, never beats his own drum and is always there when you need help." LaMotte went on to say that Grumm never runs from a challenge and is the type of person who "inspires the uninspired."

We all probably know someone who inspires us to go above and

beyond the call of duty and to give our personal best even in adverse situations. Although he admits it probably sounds corny, for Jeffrey Adams, a flight test engineer for the Redstone Test Center in Redstone Arsenal, Ala., the person who inspires him is the fictional character, Forest Gump.

"The scene in the movie of Forest running back into the engagement area to rescue others is a perfect example of putting the welfare of the nation, the Army, and your subordinates before your own," said Adams. Selfless service also requires a

commitment to focusing on the team effort while doing your part to accomplish the mission. In order for selfless service to work, it has to be understood that it is much larger than just

"A collection of individuals is not half as strong as a team comprised of the same number of people," said Maj. David Hnyda, an attack/reconnaissance chief and experimental test pilot for RTC. Hnyda also believes that unless the majority of the team members are acting selflessly and not selfishly, team efforts will ultimate-

"In order for a group of people to become a team, each team member has to work for the other members -- thereby not working for themselves."

Selfless service is the fourth article in a series from the U.S. Army Test and Evaluation Command focusing on the Army's Profession of Arms campaign.

Secondhand smoke: A danger in the air

By **BETHANN CAMERON**

U.S. Army Public Health Command

Do you know if the following statements are true?

- Nonsmokers who live with smokers are more likely to develop lung cancer.
- If you have asthma, secondhand smoke can make your breathing prob-
- Children exposed to secondhand smoke in the home are more likely to have ear infections.

The answer is yes to all three questions. Secondhand smoke is a mixture of the smoke from the burning end of a cigarette, pipe or cigar combined with the smoke breathed out by a smoker. People breathe in secondhand smoke when they are near others who are smoking. Secondhand smoke is also known as environmental tobacco smoke, passive, sidestream smoke or involuntary smoke.

Do you know what you're breathing?

Secondhand smoke contains more than 60 chemicals that are known to cause cancer. A few of the chemicals are:

- Arsenic (a hazardous gas)
- Benzene (a hazardous gas)
- Beryllium (a toxic metal)
- 1,3–Butadiene (a hazardous gas)
- Chromium (a metal)
- Ethylene oxide (a gas)
- Nickel (a metal)
- Vinyl chloride (a hazardous gas)

The U.S. Surgeon General estimates that living with a smoker

Healthy Living

http://www.apg.army.mil/ and click on Health Promotion in the @APG box at bottom right

increases a nonsmoker's chances of developing lung cancer by 20 to 30 percent. According to the American Cancer Society, approximately 3,400 non-smokers die from lung cancer each year. Some research also suggests that secondhand smoke may increase the risk of breast, nose and throat cancers, as well as leukemia.

Secondhand smoke contributes to various health problems in adults and children. It irritates the airways and makes respiratory conditions worse for people who have lung diseases such as asthma or chronic obstructive pulmonary disease.

Secondhand smoke damages a person's heart and blood vessels and interferes with circulation increasing the risk of heart disease and heart attack. An estimated 46,000 nonsmokers die annually from heart disease because of secondhand smoke.

In children, secondhand smoke can cause:

- Ear infections
- Frequent and severe asthma attacks
- Shortness of breath
- Bronchitis and pneumonia
- Risk for sudden infant death

A baby who lives in a home where

one or both parents smoke is more likely to have lung disease. A child with lung disease usually requires treatment in a hospital for their first two years of life. Secondhand smoke slows the growth of children's lungs and can cause them to cough, wheeze and feel out of breath.

Here are some ways to protect yourself and those you love from secondhand smoke:

- Don't allow smoking in your home by family members, babysitters or guests. Ask them to step outside.
- Don't allow smoking in your vehicle. If a passenger must smoke on the road, stop for a smoke break outside of the car.
- Avoid places that allow smoking. Choose smoke-free facilities for dining, child care and elder care. Request nonsmoking hotel rooms.
- If you have a partner, family member or other loved one who smokes, offer encouragement and support to help them stop smoking.
- In others' homes:
- Ask others nicely to not smoke around you or your children, even outside.
- Socialize outdoors, if possible.
- Let smokers know if you're hav-

ing problems because of their smoking (such as coughing or itchy eyes).

■ While a person is smoking, let them know you don't want you and your children to be exposed to the smoke and leave.

Smoke-free areas can be tough on smokers. Here are some coping tips:

- Do something different to take your mind off smoking. Drink a glass of water. Take a walk or stretch.
- If you must smoke, make sure you are in a designated smoking area before lighting up. Completely put out a smoldering cigarette.
- Try to quit smoking. Quit for a day. The Great American Smokeout is Nov. 15. See if your installation or organization offers any programs to help you with quitting.

Where there's secondhand smoke, there is a danger to the air. There is no safe level of exposure to secondhand smoke. Prevent lung cancer and lung diseases. Take action and reduce or eliminate the risk of exposure to secondhand smoke.

For more information about secondhand smoke, go to:

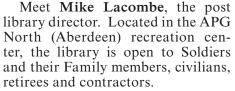
American Cancer Society, www. cancer.org/docroot/home/index.asp

American Lung Association, www. lungusa.org/

Become an EX, Online Tobacco Cessation Program, www.becomeanex.org

Campaign for Tobacco-Free Kids, www.tobaccofreekids.org/index.php

U.S. Centers for Disease Control and Prevention, www.cdc.gov/tobacco



Lacombe's primary duty is to direct the daily library operations, serving the informational needs of the APG community.

Although small in size, the post library's collection features 10,000 items including DVDs, Blu-ray movies, fiction and non-fiction books, magazines, videogames and audio books. Items that cannot be found in the library can be requested through an interlibrary loan system.





Mike Lacombe FMWR Library Director

Patrons also enjoy free Wi-Fi and printing, photocopy, fax, and scan capabilities.

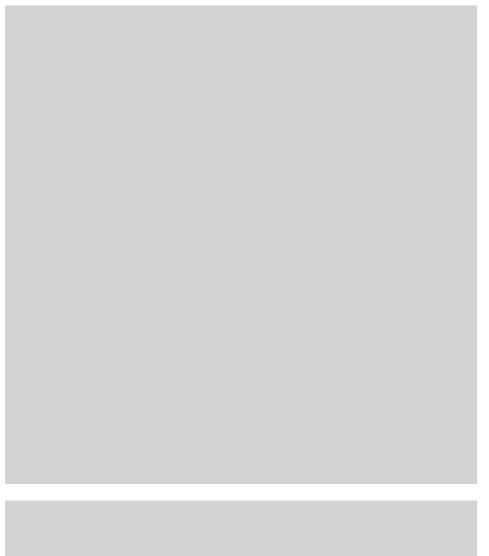
"I always look forward to inter-

acting with our customers, listening to their needs, and often incorporating their suggestions in order to continue to improve our services, to

make visits to our library an enjoyable experience," said Lacombe, who has worked at the post library since 2004.

Lancombe said on Tuesdays the library hosts a children's story time at 2 p.m. Every year the library also conducts a children's summer reading program in June and July.

The post library is located in Bldg. 3326. Hours of operation are Monday-Friday, 11 a.m. to 6 p.m.; Saturday 9 a.m. to 2 p.m. For more information, visit http://mylibraryus.fmwr.net/search~S02, Lancombe at michael.lacombe@ us.army.mil, or call 410-278-3417.



AROUND THE FORCE

Gas guzzlers disappearing from Army's shrinking fleet

Story and photo by

DAVID VERGUN Army News Service

In the past few years, the number of Army non-tactical vehicles has been declining and the number of fuel-hungry vehicles has been declining as well.

Non-tactical vehicles include cars, trucks, tractors and special-use vehicles like fire trucks and ambulances not meant for combat operations.

In 2009, the peak year, the Army had 82,860 non-tactical vehicles, according to Edward J. Moscatelli, chief, Transportation Branch, Office of the Assistant Chief of Staff for Installation Management. His office develops the Program Objective Memorandum requirements and has oversight of all non-tactical vehicles in the Army.

Of those 82,860 vehicles, 10,941 were Army-owned, 70,348 were Government Services Administrationleased, and 1,571 were commercially leased, he said, adding that the commercially leased vehicles are ones not available from GSA and are usually cost-prohibitive for the Army to purchase.

Since that peak year, there has been a significant drop in the total number of vehicles.

While the final figures for this year are not yet in, Moscatelli projects

the current total approximately 74,000, of which 10,800 are Armyowned, 1,130 commercially leased and 63,000-GSA leased. He is closely looking at those numbers and thinks there are 5,000 more that can soon be eliminated.

As for gas guzzlers, Moscatelli said that there are a lot fewer of them as

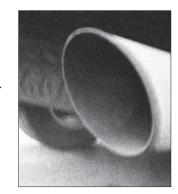
the Army turns to smaller, more efficient vehicles, including high-mileage gas or diesel, hybrid and electric. Large sedans and sport utility vehicles are restricted and require individual approval based on mission requirements.

The cost of buying, leasing and maintaining the fleet has dropped significantly as well. The Army's annual vehicle budget is now about \$200 million a year, down from about \$251 million in that peak year of 2009, he said.

The declines in cost, number of vehicles and the increase in fuel efficiencies are especially significant, Moscatelli said, because the Army is the secondlargest user of commercial vehicles in the federal government, surpassed only by the U.S. Postal Service.

The push for more efficient vehicles started in 2008, he said, when the Army began requiring commands to buy more fuel-efficient vehicles than the ones being replaced.

On May 24, 2011, President Obama signed a memo: "Federal Fleet Per-



About 70 percent of fossil fuel is wasted -- blown out the exhaust -- in gas-guzzling vehicles. The Army is purchasing more energy-efficient vehicles.

formance," which required annual reviews of all non-tactical vehicles to determine which ones were mission required and whether or not the size, type and model was appropriate for those missions, he said.

"As part of the annual review, we started looking at eliminating vehicles that were underutilized or not really needed," he said. "For example we might eliminate a vehicle that's driven less than 10,000 miles a year unless other criteria warrant its retention; police and emergency services vehicles are based on the number of responses to incidents during the year and response times. There's a whole checklist we go through to validate the vehicle requirement. The uses of shuttle services on installations are being optimized with the intent of removing 10 passenger vehicles from service for every shuttle bus put into service."

a vehicle will be driven in the city or on

an installation where, say, the speed limit

is 35 mph or less, it might make sense

to purchase a hybrid because it will run

using its battery and electric motor.

higher than it was in 2005.

Although that goal has been met, Moscatelli stated "the Army will continue using fossil fuels if the premium required for alternative-energy vehicles is too high. Sometimes it makes better sense financially to use a less expensive, more efficient gas or dieselpowered vehicle, especially if it gets, say, 45 miles per gallon and is a low Green House Gas emitting vehicle."

'The Army will continue to transition to alternative energy vehicles as they become more affordable and as industry develops economical replacements for the medium and heavy vehicle fleet," he continued. "But we will always have a composite fleet made up of hybrid, fossil, electric, and other technologies, because certain types of fuel are simply unavailable in some regions around the world."

Moscatelli provided an example in the U.S., where it would make bet-We look at other things too, like usage. If

ter sense using fossil fuel, albeit with good gas mileage. "Say you're a

recruiter in the middle of Wyoming," he said. "You wouldn't want to be in an E85, CNG or LPG sedan if the fuels were not readily accessible. You might have to drive a long way to find a gas station

that has it and therefore lose any benefits gained by consuming the alternative fuel."

E85 is 85 percent ethanol, 15 perent gasoline; CNG is compressed natural gas; and LPG is another type of fuel using liquefied petroleum gas.

'We look at other things too, like usage. If a vehicle will be driven in the city or on an installation where, say, the speed limit is 35 mph or less, it might make sense to purchase a hybrid because it will run using its battery and electric motor. However, if the vehicle will be driven in excess of 45 mph for more than 50 percent of the time, the engine would kick in a lot more and you'd lose the hybrid advantage, especially if you pay a heavy premium for the hybrid.

Moscatelli said it sometimes makes sense for installations to operate more shuttles. As environmental stewards the Army has a requirement to reduce the carbon footprint and the pollution from privately-owned vehicles used by the workforce, once they arrive on an installation. Shuttle services provide mass movement of personnel between facilities reducing the need to use individual POVs.

While energy savings are important, Moscatelli said mission always comes first. "If the Army reduces the recruiting force by, say, 400 recruiters, then we can probably eliminate a couple of hundred cars," he said. "On the other hand, if the Army needs 400 more recruiters, we would have to get additional vehicles, even though it cuts into our energy and cost-savings goals."

He added that those extra cars would not be bigger than mission requirements. "A recruiter needs room in the vehicle to carry prospective enlistees so we'd look at seating capacity requirements. If there were multiple vehicles available to the recruiter, perhaps one of the vehicles might have a larger ratio of cargo space to passenger space to haul around boxes of recruiting supplies."

Moscatelli said the old days of more is better are gone, but the mindset is often still there. He said there still needs to be a culture shift.

There is another way the Army is looking to get more bang for its buck, by shuffling its fleet around.

We're trying to move more vehicles away from Army-owned, to GSAleased," he said. "GSA's replacement cycle is about three to five years, based on when it's most advantageous to sell on the secondary market. That's their business model.'

"The life of Army-owned vehicles averages 13 to 15 years," he said. "That means more maintenance dollars have to be spent and it also reduces our opportunity to get more energy-efficient vehicles that much sooner as the technologies mature."

Moscatelli said these are exciting times for energy-saving vehicle technologies.

One of many examples, he said, is that the Army is looking at leasing more electric vehicles, and making money from them. "When not in use, they'd be connected to the grid so utility companies could use their energy, say, during a brown out. They would be authorized to draw down to 80 percent of the vehicle's capacity. And the good part is that the Army would collect a monthly stipend from the utility company, even when the extra energy isn't used by them.'

"That would be a win, win situation for the Army, the taxpayers, the utilities and the utilities' customers," he added.

Edward J. Moscatelli Chief, Transportation Branch, Office of the Assistant Chief of Staff for Installation Management Commands are provided policy guidance when vehicles are due for replacement, he said. To do this, the Army command fleet managers and installation fleet managers were established in 2008. "Vehicle require-

ments start at the lowest unit levels and work their way up," he said, referring to the review process, which includes easy-to-use guidance like checklists and decision trees. The Army's challenge is to reduce

fossil fuel by 2 percent a year from the 2005 baseline until the goal year of 2020. Moscatelli said the Army is on track to exceed the goal and the preliminary reports for FY12 indicate that the Army's aggregate reduction will be close to 17 percent in comparison to the baseline target of a 14 percent reduction.

Additionally the Army must increase the amount of alternative fuel used each year by 10 percent from a 2005 baseline through 2020 or 159.4 percent. The Army has already achieved that goal, as alternative fuel use is currently over 1,156 percent

Researchers to help Soldiers get good night's sleep

By **DAVID VERGUN**

Army News Service

Researchers from academia and the private sector are teaming up to study and improve the sleep quality of Soldiers through an online survey.

The survey is now available to active and reserve-component Soldiers, other service members, as well as veterans.

First, Soldiers take a 10-minute survey to describe their own sleep patterns and habits, according to Dan Frank, chief executive officer of VetAdvisor, the company that is partnering with Johns Hopkins University. He added that the information provided is considered confidential.

Those who take the survey are helping researchers determine which kinds of sleep aids and coaching might be most useful to Soldiers, he said. The survey can be taken online at www.vetsleep.org.

Once Soldiers take the survey, we ask them if they would be willing to do a Quantified Self intervention,' Frank said. "The Quantified Self approach uses technology to measure performance in daily life; things like how many steps you take a day using a pedometer, and other monitoring devices.



Photo by Sgt. Christopher Harper

Researchers from academia and the private sector are teaming up to study and improve the sleep quality of Soldiers. Here, Soldiers from the 505th Parachute Infantry Regiment catch a few winks before jumping over North Carolina during a training exercise.

"We would then assign the Soldier tinued. "The coach would monitor to a sleep coach, a person trained in the Soldier's daily performance and wellness and sleep hygiene," he con-sleep habits and make proactive out-

reach calls to the Soldier if any deviations from the norm are found or, any time a Soldier wants to ask the coach for assistance."

Dr. Michael Smith, a clinical psychologist at Johns Hopkins University and director of the university's Sleep Psychophysiology Laboratory, helped develop the sleep survey and has conducted sleep research in the past. He believes that sleep is a neglected area of intervention.

"Typically, doctors will ask their patients questions or give advice about such things as diet, exercise and smoking but rarely about sleep," Smith said. "We are only now starting to recognize that sleep is a critical health behavior."

Smith said the focus is not just on sleep per se, but on other health problems that poor sleep might be signaling. Smith noted that there are more than 100 types of sleep disorders and some of these are linked to serious health issues like post-traumatic stress disorder and depression.

Frank believes that sleep is important to the Army. Army medicine recognizes the importance of sleep, he said, as it is one of the three areas of focus in its "Performance Triad" of sleep, activity and nutrition.

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expenditure rate and mitigate budget execution risks in order to avoid even more serious future fiscal shortfalls."

"We expect commanders and supervisors at all levels to implement both the guidance contained in this memorandum and the detailed instructions to follow," wrote McHugh and Odierno. "The fiscal situation and outlook are serious."

What happens now

First among those actions is an immediate freeze on civilian hiring, though Army leaders have left commanders with some latitude in the policy for "humanitarian and mission-critical purposes." Also among employment-related measures spelled out in the memo is a termination of temporary employees when "consistent with mission requirements."

The memo also directs installation commanders to reduce base operations support for fiscal year 2013, which runs from Oct. 1, 2012 to Sept. 31, 2013, to levels that are about 70 percent of fiscal year 2012. Commanders have been asked to reduce support to community and recreational activities and to also reduce utilities consumption "to the maximum extent possible."

Non-mission-essential training activities are also up for reduction. In particular, training not related to maintaining "readiness for Operation Enduring Freedom, the Korean forward-deployed units, Homeland Defense and the Division Ready Brigade." Also targeted is conference attendance and professional training that is not mission essential.

The secretary and the chief have also directed installation commanders to cease facility sustainment activity that is not "directly connected to



Photo by C. Todd Lopez

In advance of possible extreme budget cuts that could arrive in March, Army leadership has called for an immediate hiring freeze and spelled out other pre-emptive measures meant to help the service prepare for a fiscal cliff.

matters of life, health or safety," and to stop restoration and modernization projects.

Army senior leadership has also spelled out changes for Army acquisition, logistics and technology. All production contracts and research, development, testing and evaluation contracts that exceed \$500 million must be reviewed by the under secretary of defense for acquisition, logistics and technology.

The assistant secretary of the Army for acquisition, logistics and technology must also assess the impacts of "budgetary uncertainty" on science and technology accounts.

The secretary and chief of staff state civilian furloughs could be a "last resort" possibility in fiscal year 2013. "Therefore, no action should be taken with regard to furloughs without the express approval of the secretary of the Army.'

Any measures taken as a result of the Jan. 16 memo must be reversible, the document states.

"At this point, the steps should focus on actions that are reversible if the budgetary situation improves and should minimize harm to readiness," McHugh and Odierno write.

The memo also notes that "funding related to wartime operations and Wounded Warrior programs" will not be affected.

Johnson described as motivator, mentor

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greatness, and I am proud to say that I was right," the 20th Support Command (CBRNE) logistician said during the memorial. "I remember when he got to APG, I went to where he was working, and he came into the parking lot to see me. As he approached, I rendered him a salute, he returned it, and we both laughed. He told me that it felt odd being saluted by me, and I told him I agreed, but it was well deserved. Then he said from now on, we would have to meet inside, and we my [executive officer] and wanted to both laughed again," said Bowie, who called Johnson a natural leader.

Maj. Matthew Mason, his company commander, said Johnson was eager to begin his duty as the unit's executive officer after proving himself in other positions and gaining the reputation as a fair, caring and trustworthy leader.

"I just redeployed from a yearlong tour in Afghanistan and Daniel was at the welcome home ceremony where he made his way to me, shook my hand, told me he was going to be

We expressed where we'd like to be buried and what our memorial should be like. And he said, 'celebrate my life and throw in a mix tape too.'

Sgt. 1st Class Tantra Peyton Fellow Soldier

know what he could do for me. Looking back, I don't even think I was done hugging my wife yet," Mason recalled of his right-hand man.

Described by others as a mentor and motivator, Johnson was said to have a strong, yet friendly demeanor and always wore a smile. The speakers referenced the strong family values he displayed when talking about his wife, two young sons and mother, all of whom were present at the memorial, among other relatives and family friends seated up front.

Jordan, our team sat together, eating ice cream, watching the sunset over the Red Sea, said fellow Soldier Sgt. 1st Class Tantra Peyton. "The conversation moved from our dislikes, to philosophy of the soul, to death. We expressed where we'd like to be buried and what our memorial should be like. And he said 'celebrate my life and throw in a mix tape too.' I'm honored to have known such an awesome person—a true family man."

The final presenter with a memorial tribute, Staff Sgt. Tricia Kennedy, 22nd Chemical Battalion (TE), read a portion of a poem she wrote during what she described as one of her darkest hours. She said she hoped it would bring comfort and peace to the Johnson Family and others present.

"Be strong they say, don't let your problems overwhelm or cause a dismay, but being strong I can't today," she began as her voice quivered. She recited three verses with a voice that became solid and more resilient with "Eight months ago on our trip to each word. Then she looked at Johnson's mother, Joann Jackson Johnson; wife, Carmelita; and two young sons, Christopher and Phillip, and read the last two lines of her poem. "No matter the pain, no matter the heartache, loneliness that you'll face, remember my words dear child and just be strong."

> A visitation was held the next day at APG's main chapel, followed by funeral services the following day. The interment takes place at Arlington National Cemetery, Arlington, Va. at a later date.

Observance features food tasting, entertainment

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Hrabowski serves as a consultant to the National Science foundation, the National Institute of Health and universities and school systems nationwide. In 2008, U.S. News & World Report named him one of America's Best Leaders, TIME Magazine named him one of the Top Ten College Presidents in 2009, and one of the Top 100 most influential people in the world in 2012.

According to Tracy Marshall, installation Equal Opportunity advisor, the Black History program will feature entertainment, food tasting, and exhibits centered on two themes: the 150th anniversary of the Emancipation Proclamation and the commemoration of the 50th anniversary of the March on Washington.

Emancipation Proclamation

The Emancipation Proclamation was an executive order issued Jan. 1, 1863, by President Abraham Lincoln during the Civil War. Although not a law passed by Congress, the proclamation freed slaves in Confederate territories and ordered the Army and all segments of the Executive Branch to treat as free all those enslaved in 10 states that were still in rebellion, thus applying to 3.1 million of the 4 million slaves in the nation. The proclamation could not be enforced in all areas still under rebellion but as the Army took control of Confederate regions, the slaves in those regions were emancipated rather than returned to their owners. From 20,000 to 50,000 former slaves in regions where rebellion had already been subdued were immediately emancipated and more than 3 million more were emancipated as the Union Army advanced.

March on Washington

The March on Washington for Jobs and Freedom was one of the largest political rallies for human rights in U.S. history. It called for civil and economic rights for African Americans and took place Wednesday Aug. 28, 1963, in Washington, D.C. It also was the site of the historic "I Have a Dream"

speech delivered by Dr. Martin Luther King Jr. in front of the Lincoln Memorial. The march was organized by civil rights, labor and religious organizations under the theme "jobs and freedom." More than 300,000 attended the march, which is credited with helping pass the Civil Rights Act of 1964 and the Voting Rights Act of 1965.

For more information, contact Marshall at 443-861-4366; Sgt. 1st Class Ryan Cole, 20th Support Command (CBRNE) at 410-436-0320; Sgt. 1st Class Howard Norcross, Aberdeen Test Center, 443-861-9251; or Linda Patrick, U.S. Army Public Health Command, at 410-436-1023. For disability accommodations, call 410-436-0320.

Speaker recipient

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Williams, who was a corporal at the time, was presented the Medal of Honor by President Harry S. Truman at the White House in 1945.

Now Williams travels the country sharing his story, and encourages Soldiers and veterans to talk about their war experiences too.

"Talking about your experience helps you heal," he said. "Don't keep

it pinned up; get it out in the open." Operations Specialist Anthony Dorsey of the installation's Directorate of Plans, Training, Mobilization, and Security said people should take advantage of the opportunity to hear a firsthand account from a World War II Medal of Honor recipient.

"People usually have to travel to hear a Medal of Honor recipient speak," Dorsey said. "You don't get this opportunity every day."

The program is open to everyone. For more information, contact Dorsey at anthony.dorsey@us.army.mil or 410-278-4500/5225.

APG Basketball

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right now," Wagner said, adding that the team would start producing after a few good practice sessions. He said he found out about the league late but was able to form a team from several latecomers, a mix of civilians and Soldiers.

"This is really our first time together," he said. "We have some good players with a lot of speed. We're just not jelling yet."

LINC coach Charles Sherer, in his seventh year coaching, said he has a

lot of new players on the team which is half Soldiers and half civilians. He said the team has a lot of potential.

We're doing alright but we're looking to do some things we didn't do right last year," he said. "The Army guys really boost us up."

Top offensive and defensive efforts were noted by LINC's B.J. Beasley, Marvin Bryan, Darrick Conz, and Moses Devant and Team 14's Allen Brandon, James Toy, and Jahlil Cage.

APG SNAPSHOT

A peek at the events making news in and around U.S. Army Garrison Aberdeen Proving Ground. For complete photo coverage, visit http://www.flickr.com/photos/usagapg/.



Photo by Rachel Ponder

BALLET BASICS

(From left) Students Brenna Burch, 11, Hannah Wallace, 11, Jaya Coats, 7, and Anna Marie Christian, 8, learn a basic ballet position demonstrated by instructor Amie Erline during a youth class held at the APG North youth center Feb. 18. Pre-ballet and ballet classes are offered through the Child, Youth and School Services SKIES Unlimited program. For more information, call 410-278-4589.



MAKING MUSIC

Instructor Kathi Workman listens as Emma Chaney, 8, plays the guitar. Chaney takes guitar and piano les-sons through the Child, Youth and School Services SKIES Unlimited pro-gram. Other SKIES classes include taekwondo, driver's education, baby-sitting training, ballet, and more. For information, visit www.apgmwr.com/ family/youth_skies.html or call Lauren Kateley at 410-278-4589.

Photo by Rachel Ponder

GIVE IT YOUR BEST SHOT

Aidan Bare, 7, catches air during the Elks National Free Throw Contest at the APG North (Aberdeen) youth cen-ter Feb. 18. The annual event was hosted by the Abingdon Elks Lodge and CYSS Youth Sports and Fitness.

Photo by Rachel Ponder

